

Conditions of Ihram

Permissible Actions

The permissible actions of Ihram are as follows:

- Having a bath or shower, whether through necessity or not, as long as scented products are not used.
- Gently washing your head and body, even if hair falls out.
- Changing Ihram garments (can be done as often as necessary).
- Using a money belt/waist/pouch/string which helps to further secure the lower garment of the Ihram (Izar).
- Using a safety pin to keep the top garment of the Ihram (Rida) from falling off or opening up constantly.
- Covering the body and feet with a blanket while sleeping, although the face and the head should remain exposed.
- Using an umbrella or any other object for shade, provided it does not rest on the face or the head.
- Carrying a backpack.
- Killing potentially harmful animals/insects such as snakes, scorpions, flies and cockroaches.
- Slaughtering domestic animals such as cattle, sheep, poultry etc. for food (hunting is strictly forbidden).
- Injections/vaccinations.
- Treatment where blood is extracted from the body, such as cupping.
- Surgical procedures such as the extraction of teeth.
- Watches, jewellery, identity wristband etc.
- Hearing aids, glasses, contact lenses, sunglasses, braces, false teeth.
- Socks and gloves (women only, not men).
- Using a plaster or bandage for cuts and sprains.
- Using a Miswak (the use of toothpaste is debated because it creates a strong fragrance in the mouth).
- Eating fragrant fruits such as apples and oranges.
- Eating fruit-flavoured sweets and chocolates.
- Using tampons / sanitary towels.
- Breastfeeding.

Disliked Actions

These actions, although disliked, don't carry a penalty.

- Rubbing the body to remove dirt.
- Washing the body with non-scented soap.
- Combing the hair.
- Scratching the body in such a manner that hair falls out.
- Smelling fragrance deliberately.
- Smelling fragrant fruits such as apples and oranges (although eating them is perfectly acceptable).
- Wearing a bandage on any part of the body without a valid reason.
- Wearing cosmetics/make-up.
- Cleaning the nose with a cloth.
- Eating strong scented sweets.
- Sleeping with the face flat on the pillow.
- Smoking.